

PUBLIC HEALTH ANNOUNCEMENTS

WHEN LIGHTNING STRIKES
ALL THUNDERSTORMS ARE DANGEROUS BUSINESS

DID YOU KNOW that in the U.S. an average of 300 people are injured and 80 people are killed each year by lightning? Although most lightning victims survive, people often suffer long-term, debilitating symptoms.

Dangers associated with thunderstorms include an increased possibility of tornadoes, strong winds, hail and flash flooding. Flash flooding is responsible for more than 140 fatalities annually – more than any other thunderstorm-related hazard.



LET’S TALK
ABOUT IT
TOOLS TO HELP
FAMILIES CONNECT

THE LET’S TALK TIN, created by Bloomington Public Health, is a valuable tool to help parents have meaningful conversations with their children, especially during mealtimes.

“Frequent family meals nurture feelings of connectedness,” tin creator Denise Reese said. “Research shows youth are less likely to experience emotional distress, substance abuse, violence and early sexual involvement when families eat together.”

Each tin includes a collection of questions, some fun, some more serious, on topics like alcohol, drugs, relationships and bullying. Let’s Talk Tins can be purchased for \$5 by calling 952-563-8904.

For more information, visit the City’s website at www.ci.bloomington.mn.us, keywords: Let’s Talk Tins.

A little preparation can go a long way to reduce your risk of being injured during a thunderstorm. To prepare, follow these tips:

- Remove dead trees and branches that could fall and cause injury and damage during a severe thunderstorm.
- Secure all outdoor objects that may blow away in strong winds.
- Get inside a house or a hard-topped automobile. (Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than out.)



- Close and secure all windows.
 - Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.
 - Unplug appliances and other electrical items such as computers and turn off air conditioners.
 - Use a battery-operated radio for updates from local officials.
- For more information, contact Fire Marshal Gene Dugal at 952-563-8967.

WITH SENIORS IN MIND

NO PLACE LIKE HOME
OLDER ADULTS OPT TO STAY IN
FAMILIAR SURROUNDINGS



BLOOMINGTON PUBLIC HEALTH offers services to make it easier for Bloomington seniors to live safely in their homes.

Public Health Nurse and Senior Services Supervisor Sue Sheridan said moving is not always the best option for seniors.

“Some adult children want their parents to move to senior housing so they won’t be alone and isolated in their homes,” Sheridan said. “However, some seniors think moving away from the familiar surroundings of home is more isolating.”

The number of Bloomington residents faced with this situation is growing. According to the U.S. Census, people over 65 years of age increased 50 percent from 1990 to 2000. More than one quarter of these seniors live alone. Sheridan and other public health nurses meet with Bloomington families at no cost to coordinate services to help seniors stay safely in their homes.

Anyone with concerns about an elderly person can make a referral for a public health nurse home visit and may remain anonymous. For more information, call Public Health at 952-563-8900.

HOUSING AND
TECHNOLOGY EXPO
RESOURCES FOR ACTIVE,
AGING ADULTS

HUMAN SERVICES WILL host a Housing and Technology Expo on **Saturday, April 4, 10 a.m. - 1 p.m.**, at Bloomington Civic Plaza, 1800 West Old Shakopee Road. This free event will include information on housing, in-home services and demonstrations of innovative technologies for keeping the mind and body active. A special seminar on caregiving will also be featured. Registration not required.



HONORING OLDER
AMERICANS
CITY RECOGNIZES RESIDENTS

DURING NATIONAL Older Americans Month in May, residents will be recognized for the many ways they have enriched Bloomington through their wisdom, character and talents. The City will work with community partners to offer special programs throughout the month. Call *Ask the City* or visit the City’s website at www.ci.bloomington.mn.us, keywords: Older Americans Month.

TEENS AND ALCOHOL DON’T MIX
TAKING STEPS TO PREVENT UNDERAGE DRINKING

RESEARCH SHOWS that underage drinking increases during graduation and prom season. It also shows that the strongest predictor of kids not using alcohol is the belief that their parents will be upset if they do – that’s why talking to teens about not using alcohol is so important.



It’s vital that parents and guardians not provide or condone alcohol use by teens at parties and that they monitor and secure liquor at home. Studies show that early alcohol use causes long-lasting harm to a child’s brain and thinking ability. The earlier youth start drinking alcohol, the greater their chances of becoming addicted to alcohol.

For more information, contact Bloomington Public Health at 952-563-8900 or visit Tri-City Partners at www.tricitypartners.org.

HUMAN SERVICES NEWS

VALUABLE SERVICES FOR ALL AGES

THE HUMAN SERVICES DIVISION works with the community to provide valuable programs and services to community members of all ages. For more information, call **Ask the City at 952-563-4957 V/TTY** or visit the City’s website at www.ci.bloomington.mn.us, keywords: Human Services.

CRAZY, CREATIVE KITES
ANNUAL KITE DAY IS HIGH-FLYING FUN

COME FLY A KITE with the Bloomington Sister City Organization during its annual Kite Day event in celebration of Children’s Day in Japan. Featuring food, entertainment and kites galore, this year’s Kite Day is **Saturday, May 2, 1 - 4 p.m.**, at Valley View Playfields, 90th Street and Portland Avenue. Bring your own kite or pick up a free one at the event. Prizes will be awarded. For more information, call 952-563-8713 or visit www.bloomington-izumi.org.

ATTENTION, KIDS!
GET INVOLVED AND MAKE A DIFFERENCE IN YOUR COMMUNITY

YOUTH SERVICE DAYS supports youth on a lifelong path of service and civic engagement and educates the public, media and elected officials about the role of youth as community leaders. Human Services coordinates valuable youth service opportunities throughout April. Youth that volunteer for City-sponsored programs will be invited to attend the Mayor’s Volunteer Breakfast. For more information, call *Ask the City* or e-mail kstone@ci.bloomington.mn.us.



WHAT MOTIVATES YOU
WORKSHOP
“WORKING ON PURPOSE”

ANSWERING THE ESSENTIAL question, “What makes me get out of bed in the morning?,” becomes more vital to staying healthy as we age and retire.

The workshop *Working on Purpose* is designed for people who want to explore alternatives to the conventional notion of retiring from work. It takes place **Friday, April 24, 9 a.m. - 4:30 p.m.**, at Bloomington Civic Plaza, 1800 West Old Shakopee Road. Sponsored by Human Services, this one-day event focuses on finding direction in life. A \$145 registration fee includes lunch and materials. For more information, call *Ask the City*.